

Online course with Google Meet

Pilates - Y257

Pilates improves posture, strength, coordination and flexibility; taking part in this regular online class will help to keep you active both mentally and physically. Exercising from home is now becoming the norm; in this live Pilates class you can interact with your teacher and see and hear each other in real time. Your tutor can provide encouragement and give feedback on your movements and you will get the opportunity to catch up with fellow classmates. There will be a pleasant relaxation session at the end.

Duration 7 weeks
Start Thursday 28/01/2021
Time 10am - 11:15am
Tutor Nelly Lewis
Fee A) £25 B) £70

Online course with Google Meet & Google Classroom

Art for All - Y258

An online course exploring different art media, giving you the opportunity to develop your creativity through expression and inspirational ideas. Demonstrations will be given to students via webcam and we will use PowerPoints to look at the work of different artists and art movements.



Students will be able to experiment with drawing techniques and composition. Advice will be given individually and to the group. You will need pencils, charcoal and your choices of watercolour, pastels and acrylic. The course will also cover Collage.

Duration 8 weeks
Start Monday 25/01/2021
Time 10am - 12pm
Tutor Caroline Marsland
Fee A) £25 B) £90

Online course with Google Meet & Google Classroom

Indian Head Massage - Y259

This online course is for anyone interested in Indian Head Massage who would like to practice on their friends and family. It is also suitable for those who wish to do a taster course with a view to further study. The tutor will use videos and course handouts which will be available for students to keep.

Duration 5 weeks
Start Friday 26/02/2021
Time 10am - 12pm
Tutor Yasmin Valli
Fee A) £25 B) £70

The course will be interactive with group discussion and practice sessions in the comfort of your own home. We recommend teaming up with a friend, partner or family member to join in this fun, relaxing and beneficial class. As well as massage techniques for head, neck, shoulders and face, topics covered will include the history of IHM as well as Chakras, oils, contra- indications and Ayurveda.



Covid 19:

The safety of students and staff is of paramount importance. We have taken advice from the Department of Education, Government Agencies and World Health to ensure our face to face sessions are safe and secure. Safety measures include: Limiting class numbers for adequate social distancing, ensuring students are 2m apart (1m front and back) and that all learners are facing in one direction. We ask that you wear a mask or visor in communal areas and we encourage students to wash hands regularly. Sanitiser and wipes will be available. There will be no shared refreshment breaks and we will not use handouts. Windows will be open for ventilation. We are also working with our community venues around their own risk assessments. If you develop symptoms of COVID-19, you must not come to class. Anyone with symptoms will be eligible for testing; this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. If another household member has symptoms, we also ask that you do not attend classes.

Concessionary Information:

Concessionary rates apply to people aged 65 or over and to those on means tested benefits (MTB); these are Universal Credit, ESA, Income Support, Jobseekers Allowance, Housing Benefit, Council Tax Benefit and Pension Credits. Concessionary rates are also available to people on Working Tax Credits and / or low incomes if your income is below £17,004. **Up to date proof of concessions is required or the full rate will be charged (proof must be shown and full payment made when you book your course).**

Online learning; advice and support:

Online learning is simple when you know how. Varndean College is linking with The Trust for Developing Communities to support older learners with this transition. **If you are over 50 and you need help and support to access online learning via Google Meet and Zoom, please get in touch. One-to-one telephone support is available to get you up and running and to help build your confidence and skills.** Help may also be available for equipment: Call us now to find out more: 01273 546602 / 07749 357321 / dem@varndean.ac.uk

Qualification courses at Varndean College:

Would you like to do GCSE's but feel you need time to prepare and practise? In January 2021 we are offering pre - GCSE in Maths and English to help prepare you for the full courses in September 2021. For more information call 01273 546602 / commed@varndean.ac.uk

For all Adult Education classes both in the community and onsite, please check our website <https://varndean.ac.uk/adulted>



Adult & Community Learning Courses

January - March 2021

Woodingdean & Moulsecoomb plus NEW online classes



Enrolment Open NOW!
Enrol by phone today!
Call 01273 546604

Welcome to the spring term Adult and Community Learning brochure

Need advice on courses, training, volunteering or employment?
Contact our Learning & Participation Adviser on 01273 546602 / 07749 357321
dem@varndean.ac.uk or contact Adult Education on 01273 546602
commed@varndean.ac.uk

This term we will be offering a range of different teaching styles from face-to-face learning to online classes using Google Meet and Google Classroom. Some classes will offer both. We would like to assure our students that all face to face classes are in large rooms with adequate social distancing and safety guidelines in place. In the event of another lockdown we can continue all our classes online or we can issue credit notes if online learning is not an option for learners.

Please see back page for concessionary information as well as further details regarding Covid 19 and one to one support to access online learning.

St Andrew's Church, Hillside, Moulsecoomb

CPCAB Level 2 Certificate in Counselling Skills Y247

FREE if on a MTB & unemployed OR employed and earning less than £17,004

This qualification is the natural progression for students who have completed an Introduction to Counselling course and wish to progress further. The course will give you the counselling skills to help and support others either in a voluntary or employed capacity. It will not qualify you to be a counsellor but will give you skills that can be used in a variety of roles, including support workers, nursing, key workers, community workers and teaching. Areas of work could include mental health, homelessness, substance misuse, education, youth work and health & social care. This qualification offers progression to the Level 3 Certificate in Counselling Studies if desired. Students should be a minimum of 18 years old.

Funding may be available for travel and childcare for those on low incomes.

Please enquire when booking.

Duration 23 weeks & 3 Saturdays
Time 9.30am - 12.30pm
Start Wednesday 06/01/2021
Tutor Debbie Retfalvy
Fee £592



St. Georges Hall, Newick Road, Moulsecoomb

Art for All - Y249

Suitable for all levels of experience and skill, this friendly and relaxing Art class will encourage you to develop your own ideas around various themes and to use a range of mediums and techniques.

There will be lots of tutor demonstrations as well as group and individual guidance.

Duration 9 weeks
Start Tuesday 19/01/2021
Time 10am - 12pm
Tutor Caroline Marsland
Fee A) £25 B) £95

Woodingdean Community Centre, Warren Road

Gentle Yoga - Y250

This lovely, gentle Yoga class teaches a range of gentle stretching and strengthening movements to re-balance all the systems of the body. Practice includes breathing, deep relaxation, self-awareness, flexibility, coordination and balance. Suitable for all levels, all ages and all body types.

Please bring a blanket and Yoga mat.

Duration 9 weeks
Start Monday 18/01/2021
Time 11am - 12:15pm
Tutor Kizzy Bramley
Fee A) £25 B) £75



Woodingdean Community Centre, Warren Road

Spanish for Near Beginners & Refreshers - Y251

This is the second term of a beginners course. You will continue to learn to understand and speak basic Spanish in a fun and interactive environment. We will cover the basics and you will learn to get by in practical situations such as introductions, cafes and shopping. There will be plenty of opportunities to practise speaking and listening. The course is suitable for those refreshing their Spanish skills as well as those who are *almost* new to the language.

Duration 9 weeks
Start Monday 18/01/2021
Time 6:45pm - 8:15pm
Tutor Margarita Chamorro
Fee A) £25 B) £80

Woodingdean Youth Centre, Warren Road

Fine Art; Drawing & Painting Techniques - Y252

This class provides space for learners to examine traditional art themes such as still life, landscape or portraiture and to experiment with individual interests. Various drawing and painting techniques will be explored, such as pencils, charcoal, ink, acrylics and watercolour. We will also analyse other artists' work for inspiration. All levels are welcome.

Duration 9 weeks
Start Wednesday 20/01/2021
Time 10am-12pm
Tutor Edyta Was
Fee A) £25 B) £95

Woodingdean Community Centre, Warren Road & via Google Meet

Meditation for Wellbeing - Y254

Meditation is beneficial for your health; it calms the mind, reduces stress and helps you to feel lighter. Learn how to use posture, breath and mental focus to practise meditation. Simple exercises will be taught, not only from a sitting position, but also through standing and walking exercises. You may bring a blanket and/or cushion for your comfort although many exercises will be chair based.

Duration 9 weeks
Start Thursday 21/01/2021
Time 11:10am - 12:10pm
Tutor Hilary Thompson
Fee A) £25 B) £75

This class will take place both at the community centre and via Google Meet. Learners will have the option of either attending in person or online.

Woodingdean Community Centre, Warren Road & via Google Meet

Chi Gung - Y253

Chi Gung is a style of exercise that benefits both body and mind. The exercises are like Tai Chi but without the need to learn a 'form' or sequence of movements. The benefits include greater flexibility, increased mobility, better posture and improved balance. It is also calming, relaxing and grounding. Hilary has studied Chi Kung with her Chinese teachers since 1997 and loves to share it as everyone can benefit from this practise. No previous experience is needed; newcomers are welcome as well as students who have previously practised Tai Chi or Chi Gung.

Duration 9 weeks
Starts Thursday 21/01/2021
Time 10am - 11am
Tutor Hilary Thompson
Fee A) £25 B) £75

This class will take place both at the community centre and via Google Meet. Learners will have the option of either attending in person or online.

Online course with Google Meet & Google Classroom

Arts, Culture and Society in Regency England 1790-1830 - Y255

This was a time of enlightenment, literature and 'the Grand Tour'. We developed scientific experiment and observation of nature and the arts. Great advances were being made and the Industrial Revolution was underway with many innovators, inventors and original thinkers who helped mould the period. The course is illustrated with engaging PowerPoint slideshows, course hand-outs and lots of discussion. Join us to learn about this fascinating period of history.

Duration 6 weeks
Start Monday 01/02/2021
Time 10am-12pm
Tutor Sarah Tobias
Fee A) £25 B) £75



Online course with Google Meet

Community Singing Y256

Singing is great for our wellbeing and provides healthy exercise for our lungs. Enjoy the benefits of community singing from the comfort of your own home with this online class. From beginners to experienced singers, everyone is welcome. We will practise tailored vocal exercises including healing sounds and will sing a wide variety of uplifting songs drawn from the musical tastes of the group.

Our weekly sessions are designed to both lift your spirits and provide relaxation. Participants will also get the opportunity to chat together and interact with your tutor and fellow students.

Duration 8 weeks
Start Monday 25/01/2021
Time 7pm - 8:30pm
Tutor Hanna Burchell
Fee A) £25 B) £75

